The Hampden Hippocrat

A Bulletin for the Hampden District of the Massachusetts Medical Society

VOLUME XIV APRIL, 1958 No. 4

WING MEMORIAL HOSPITAL, PALMER

Original Building

(For new addition, see page 20)

ANNUAL MEETING

The Annual Meeting of the Hampden District Medical Society will be held Tuesday, April 22, at 6:30 P. M., at Hartman's Restaurant, 1396 Boston Road, Springfield. Dinner at expense of Society.

Dr. Allen G. Rice, Sec.

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Hampden Hippocrat

"Life is short and art is long, the occasion fleeting, experience fallacious and judgment difficult." —Hippocrates, 430 B.C.

Published monthly except July and August.
This Issue 650 Copies

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HAMPDEN DISTRICT MEDICAL SOCIETY

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Vice President—Thomas F. Reilly, M. D.
Secretary—Allen G. Rice, M. D.
Asst. Secretary—Harry N. Memery, M. D.
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Secretary and Business Manager

ANNUAL REPORT OF THE PRESIDENT

The President can take little personal credit for such benefits to the Hampden District Medical Society as have accrued from his administration. History may record that his greatest personal achievement lay in his avoidance of impeachment in the face of the dissentions which have occasionally rent the Society. To his various committees, and especially to their chairmen, goes the credit for most of the following innovations and to these physicians go his thanks for their loyalty and industry.

The guest speaker now preceeds the business meeting, to the advantage of both. Two amendments to the By-Laws have established a Committee on Insurance, Labor Relations, and Industrial Accidents and a Committee on Malpractice and Medico-Legal Affairs. The President and Vice-President have again served as the Society's representatives on the Springfield Community Council and it is hoped that this may become a precedent in order to assure continuity despite the yearly change of administration. The annual reports of committees that are purely informational are being published in the preceding issue of the Hippocrat in order to reduce the torrent of oratory which threatens to engulf the members at each annual meeting of the Society.

To his successor the outgoing president bequeaths with mixed emotions the following unsolved problems: (1) Blue Shield Income Ceilings. (2) Vendor reimbursement under the 1956 amendment to the Social Security Act. (3) The where, the why, and the who of a state mental hygiene clinic. (4) Physicians' fee schedules to aid labor unions and insurance companies at the bargaining table.

To the Fellows of the Society go the President's thanks for the honor done him. To our zealous and indefatigable secretary, his heart-felt gratitude.

Allen S. Johnson, President
Hampden District Medical Society

Address Business Correspondence to:

MEMBER
MEDICAL SOCIETY
MAGAZINE GROUP

John E. Leary, M. D.
302 Sumner Avenue
Springfield 8, Mass.
Telephone: RE 4-3381

WSPR RECEIVES A. M. A. AWARD

The American Medical Association through the office of the Woman's Auxiliary to the Hampden District Medical Society presented on March 24th a Certificate of Appreciation to Radio Station WSPR for its friendly cooperation in broadcasting programs of Health Education as prepared by the A.M.A.

These awards are presented to radio stations throughout the United States on the basis of the number of programs used by the station in the last few years. The above photograph shows Mr. Alan Tindahl, President of WSPR, receiving the award. The committee presenting the award are from left to right, Mrs. George A. Sotirion, chairman of Public Relations; Mrs. Elmer Franseen, President-elect of the Auxiliary, and Mrs. Leslie M. Parent, chairman of Publicity.

CLINICAL AND PERSONAL

Academy

The Annual Meeting of the Springfield Academy of Medicine will be held on Tuesday, May 13, 8:30 P. M. at the Municipal Hospital Auditorium. Following election of officers a sound film entitled "Grand Rounds No. 6" will be presented. This film aims to answer the following "Three Key Questions in Coronary Disease:"

What is the Place and Value of Surgery?

What is the Role of Dietary Fats?

Is Long-Term Anticoagulation Worthwhile?

Participants are Drs. Edward H. Ahrens, Jr., Charles P. Bailey, Claude S. Beck, William Dock, Donald Effler, Ancel Keys, C. Walton Lillehei, J. N. Morris, and Paul Dudley White.

NEW MEMBER

HARRY B. GURLAND, M. D.

Home and Office Address:
447 Sumner Ave., Springfield, Mass.

Born: Newark, N. J., March 30, 1913

School: Middlesex Medical School, Waltham, Mass.

Internship: St. Barnabas Hospital, Newark, N. J.

Residency: General, Rahway Memorial Hospital, Rahway, New Jersey

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25% — 6 hours later —

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SMOOTHER — — SAFER — — MORE SUSTAINED ACTION

— Clinically evaluated by millions of capsules used —

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ANNUAL REPORTS

The President's Annual Report appears on page 3. Nine additional Annual Reports from Hampden District officers and committee chairmen appear elsewhere in this issue. They are all informational in character. Reports bearing 'recommendations' will be presented, as usual, at the Annual Meeting on April 22.

ANNUAL REPORT OF THE EXECUTIVE COMMITTEE 1957-1958

The Executive Committee has met regularly every month save in July and August with an average attendance of 96% which, in contrast to the attendance record at meetings of the society, bespeaks the devoted interest of this committee in the welfare of the district. It should be noted too that its meetings last anywhere from an hour and a half to two hours. Between meetings of the society this committee has to make interim decisions, many of little account but some of such import that they are later confirmed at regular meetings of the society. On two occasions hearings were requested by and granted to chairmen of other committees who sought approval for specific projects, notably for a code to govern relations between doctors and lawyers.

A large part of the committee's work has to do with its designation as the Grievance Committee. In that capacity complaints have to be investigated, later considered, and finally adjudicated. During the past year six complaints, mostly over fees for professional services, have been processed, each of which required consideration at more than one meeting, and in two instances required hearings for the involved parties. Two complaints are awaiting final disposal; all others have been closed as either amicably settled or dropped by the complainant. None has been referred to the Committee of Ethics and Discipline for disciplinary action.

Respectfully submitted,
Allen G. Rice, M.D., Sec.

ATTENTION COMMITTEE CHAIRMEN

The Hippocrat would appreciate a copy of your Annual Report, preferably condensed to a maximum of 300 words. Please bring it with you to the Annual Meeting.

EDITOR

QUOTES OF THE MONTH

"Our people are well aware of the role of modern medicine in this national health structure, and I know they will support, by private and public means, the continued growth of medical education in this country."

President Dwight D. Eisenhower, in behalf of Medical Education Week

---

"Vitamins: Whether pill, tablet, capsule, liquid — regardless of medium — no payment."

Thomas McElhone, Agent Dept. of Public Welfare in a letter to the Springfield druggists.

Harris Pharmacy

If it's drugs, HARRIS has it.

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METIMYD ointment with neomycin
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ophthalmic suspension
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standard for ocular infections

Sodium SULAMYD® **ophthalmic solution 30%**
(Sulfacetamide Sodium U.S.P.—5 and 15 cc. dropper bottles)

Sodium SULAMYD ophthalmic solution 10%
with Methylcellulose 0.5% (15 cc. dropper bottle)

Sodium SULAMYD ophthalmic ointment 10%
(⅛ oz. tube)

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CORRESPONDENCE

Lest We Forget

Dear Hippocrat:

You have my permission to publish the following letter which I received recently from State Representative Richard T. Dolan.

Arthur J. Logie, M. D.

"Dear Dr. Logie:

"The bill to license chiropractors in this state was defeated last night. I voted against such a license. I received over two hundred calls, letters and cards favoring this bill's passage. I received six calls against it. The chiropractors are telling their patients that we are paid off by the doctors. What are the doctors telling their patients?

"Last year I voted against the anti-vivisectionists. They are telling people we are cruel to animals, etc. These people in both instances are fanatical. If the medical profession forgets those who voted with them, or only passively considers these legislators, then it is my prediction that the reverse will also come to pass.

"It is my hope that the medical profession will be as vociferous now that the vote has been cast as they were prior to it.

Atty. Richard T. Doland,
State Representative"

More on Meetings

Dear Hippocrat:

To supplement my last month's anent meetings of the Hampden District Medical Society, allow me to add a cogent suggestion that was gathered from a program reported in the Fairfield County, (Conn.), *News Capsule* recently received. Meetings can be called for 5 P. M. with ample time for a speaker and a question period as well. Libations and food could be offered at 6.30 so that the speaker could if he so desired eat and run. Then the business session set for 8 P. M. could run as long as need be to allow proper consideration of pressing problems. If preferred, the order of business might be reversed.

Such a solution would answer most of the objections that have been raised over previous arrangements. It would obviate as well a multiplicity of meetings. E.P.B.

DRUG REGULATIONS

Dear Hippocrat:

May we suggest once again the cooperation of Hampden physicians in living up to regulations issued by the Massachusetts Board of Pharmacy?

1. An oral prescription of a physician for such compounds of a narcotic drug approved by federal bureau such as A.S.A. and Codeine is allowed, but no refill may be made. The physician *shall deliver a written prescription within seven days* for each oral prescription.

2. It is illegal to dispense other narcotics on oral prescriptions. The pharmacist must have written prescriptions before dispensing them, (Codeine, Demerol, Morphine, Dilaudid, Pantopon).

3. A "harmful drug" is any upon which appears "Caution-Federal law prohibits dispensing without prescription". Prescriptions for such must not be refilled unless authorized by the physician. If original prescription was oral, the *physician shall deliver a written prescription within seven days.*

Raymond J. Lynch, Jr., President
Holyoke Druggists Association

PROPOSED AMENDMENT TO BY-LAWS

AMENDMENT BY ADDITION TO CHAPTER V

"Section 6," to read "Section 6 (a)".

Section 6 (b) It shall be the obligation of the member to and alternate of the Executive Committee of the State Society to carry out the expressed wishes of a majority of those present and voting.

The above amendment is to be voted on at the Annual Meeting of the Society.

Dr. Edward P. Bagg
Dr. Charles A. Diamond
Dr. Alfonzo A. Palermo
Dr. Max Millman, Chairman

ANNUAL REPORT OF THE WOMEN'S AUXILIARY

Hampden District
1957-1958

This is the Annual Report of the Advisory Committee to the Hampden District Medical Society Women's Auxiliary. Our auxiliary continues to function smoothly, efficiently and earnestly in its endeavors. We can be proud of our auxiliary because of its continued promotion of good public relations and that it has one of the largest memberships of all the districts. During the past year the following programs and meetings were held.

There was a formal meeting in October at which there was an Exhibit of Works of Art executed by medical families and in February the group heard a most informative discussion on engineering in Public Health. The speaker was Dr. Ralph Eliassen, Professor of and Head of the Department of Sanitary Engineering at M.I.T. On November 3rd the White Cap Ball netted a profit of $1700.00 which will be used for nursing scholarships at the four nursing training hospitals in Hampden District. With memories of the Joint Dinner Meeting on December 3rd, the Christmas Tea followed on December 5th at the home of Mrs. Harry Strachen, Jr., and 150 attended.

A new venture was launched on January 21st in the form of a Tea for new members. The program designated to acquaint the "newcomers" with the aims and activities of the auxiliary, was a Round-Table discussion, "Knowing Your Auxiliary". In addition four recruitment teas were held for high school students interested in nursing and allied medical fields.

Plans are under way to celebrate "Doctors Day" on March 30th. The year will close with the annual meeting and election of officers on May 15th.

James J. Visconti, M.D., Chr.

MEDICAL READER

Hot Mammas?

An excerpt from the London Lancet, 2:1226(1957), (via Medical Science), reveals the extraordinary information that "few men can enter their wives' baths without scalding"—an example of British understatement—unless they were invited. "Women can endure, or indeed enjoy, water temperatures consistently five degrees or more higher than the male can tolerate. At the same time", (and this we can vouch for from personal experience) "in spite of a generally more adequate *panniculus adiposus,* women seem hypersensitive to cold."

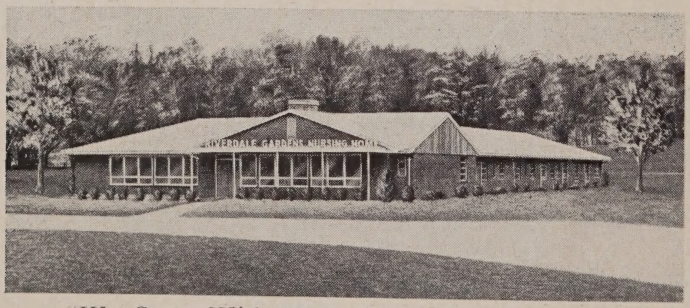
We never have visited Nippon or Finland, but published reports from the Far East would seem to refute the suggestion that nerve endings react variously to estrogens and androgens. Bisexual bathing in near-boiling water is usual in Tokyo. There is so much steam in the Finnish baths that observation is hidden, and too much rigor in the finishing-off snow to encourage anything but claradermity.

Mae West is said to have built a house with thirteen bathrooms that might help in solving this problem as they did hers, one by one, on successive days, — or nights. "Did you ever hear of a cleaner Mae West story?" asked innkeeper Russell of Broadway, England's 'Ligon Arms' who told it to us over his wife's apprehensive remonstrances. Endocrinologists evidently must continue research on whether or not our mammas are hot, and why.

E.P.B.

RIVERDALE GARDENS NURSING HOME

West Springfield, Massachusetts



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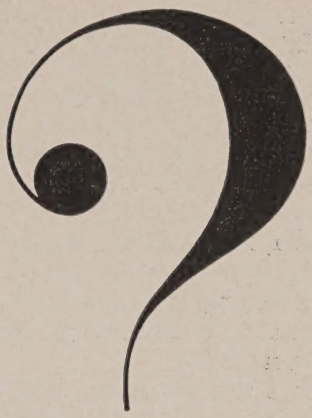
EXECUTIVE COUNCILOR

Annual Report

The private practitioner of medicine, who wishes to continue to take care of his patients on a fee-for-service basis, is in peril. He faces two powerful and implacable enemies, government and labor. In Canada a law has already been passed that will federalize the hospitals within a matter of months. In Massachusetts recent actions and statements by public officials and legislative committees leave little doubt that the politicians have their foot in the door, and intend eventually to control the hospitals in this Commonwealth. If we, as a profession, can look placidly on this attempt to undermine our hospitals, we must be prepared to view, with comparable equanimity, the rapidly approaching day of our own doom. If we feel that we should not be concerned by the efforts of labor-needled politicians to destroy Blue Cross, at least let us have enough realism and guts to say why it is being done. *To a politician, premiums are useless — taxes are gold.*

I believe that there is still a case for private practice, and that those doctors of medicine who are so engaged have a side to this story which deserves to be told. You need a voice. Obviously it is not my voice that you want. It is my fervent hope, however, that you will find someone who will tell you the unkind, unpleasant truth, and to whom you will listen; that he will achieve a greater measure of your respect than of your scorn; and that you will not have to wait too long. It is later than you think.

Howard N. Simpson, M.D.
Executive Councilor



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ANNUAL REPORT OF THE LEGISLATIVE COUNCILOR

The Committee on State Legislation met on January 15, 1958 and numerous bills to appear before the current State Legislature were discussed.

Our major activity this year should be opposition to the chiropractic licensing bills. H-1037 and S-456 are bills establishing a Board of Chiropractors.

S-55 is a bill providing that certain provisions of law relating to registration of physicians and surgeons shall not apply to chiropractors.

H-1036 provides for the investigation and study by a special commission relative to the establishment of a Board of Registration of Chiropractors.

Early in the year, Representative Thompson of Ludlow, Speaker of the House, removed three members from the House Committee on Public Health who had previously signified their opposition to the chiropractic bills, and replaced them with other Legislators who are on record as favoring the licensing of chiropractors. This would indicate that an all out effort will be made by the proponents of these bills.

The Legislative Committee also voted to oppose S-450 authorizing the Commission of Public Health to regulate the rates to be charged for certain hospital facilities, and H-1433 which provides that there should be a doctor in attendance at all times in all hospitals.

The Committee was opposed to bills desiring to prohibit by legislature the fluoridating of public water supplies. The Massachusetts Medical Society and the American Medical Association approved the fluoridating of public water supplies at the recommended dosage and believe the question should be decided by local communities and not be legislated against by state statute.

Louis E. Hathaway, Jr., M.D.
Legislative Councilor

FLASH

On March 11, 1958 the House of Representatives by a vote of 158 - 61 rejected legislation to legalize licensing chiropractors in Massachusetts.

L.E.H., Jr.

ACKNOWLEDGEMENT

Credit for the first item of "Correspondence" in the March issue of the Hippocrat goes to Dr. Ralph Miller, whose name, unfortunately, was omitted. Editor

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HOLYOKE HOSPITAL NOTES

Many recent improvements contributing toward better patient care as well as patient safety have been effected at Holyoke Hospital. A modern and complete patient diagnostic unit has been set up in the hospital to provide a very complete collection of modern diagnostic instruments to assist medical doctors as well as surgeons to perform this service for patients within the Holyoke Hospital. Known as the George B. Fowler Diagnostic Unit, these facilities include the newest electrocardiograph and basal metabolism machines. Diagnosis is further facilitated by a new Leitz microscope and in surgery, a new cardioscope has been added to the operating room equipment to augment benefits of a Pacemaker which last year was donated by the Massachusetts Heart Association. New diagnostic tables have also been provided and one of the rooms has been equipped with attractive furniture where a doctor may interview his patient in comfort and under pleasant surroundings.

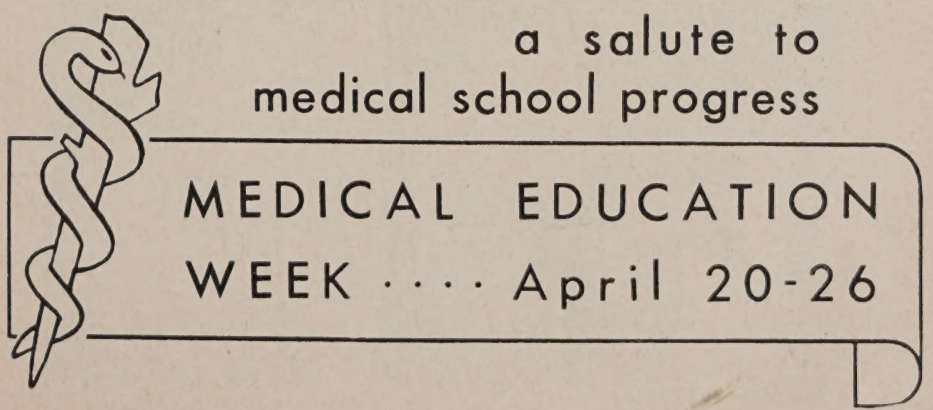
Another major improvement that is presently under plans is a new Fog Room to replace the existing steam vapor room. This room will be equipped with a fog generator and will be devoted to the service of patients suffering from upper respiratory infections with greater comfort than is available under the wetting influence and the present steam vapor equipment. This installation is also being made possible through a generous donation.

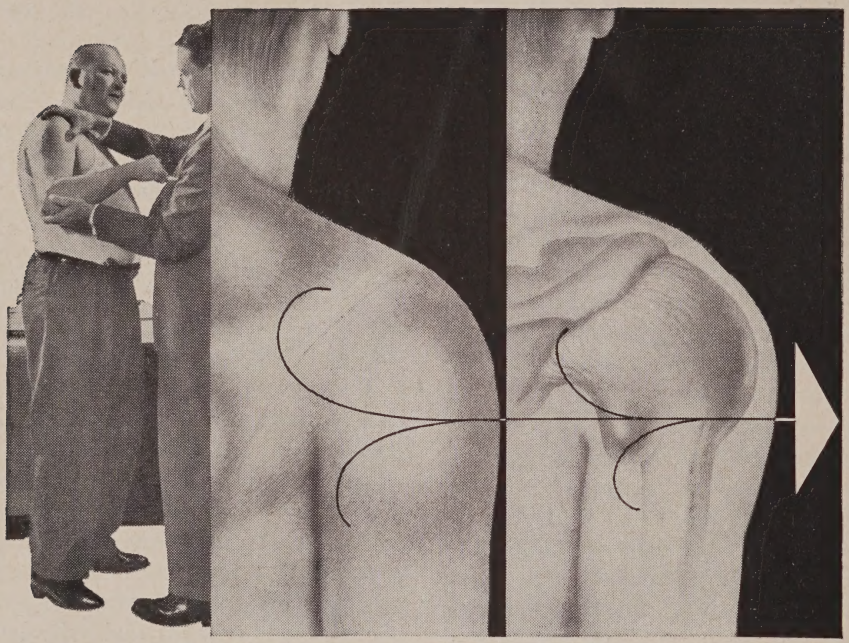
Contributing toward patient safety, a Safety Drill Manual was recently completed and put into operation in conjunction with the Holyoke Fire and Fire Alarm Departments.

To aid in the hospital's various teaching programs, a new Bausch & Lomb Speedomatic Micro Projector has been added to the equipment of our laboratory's pathologist.

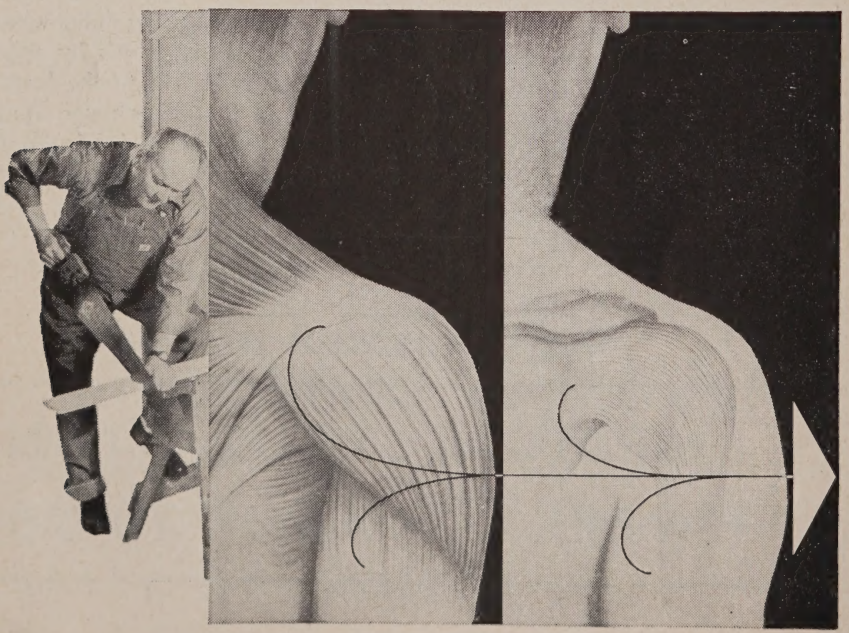
The Dental Internship Program of the Skinner Clinic has recently been the recipient of a donation from the Junior League of Holyoke, Inc., which will make possible a modernizing renovation of the Dental Department. The addition of a second more modern dental chair and several other important needed improvements make the service of this Department more efficient and beneficial to the needy children of the area as well as some adults who are accepted for dental work by this department. The benefit to the intern in learning and becoming more familiar with modern facilities is also part of the advantages of these improvements.

Walter H. Meade, Adm.





"Rheumatoid arthritis is a constitutional disease with symptoms affecting chiefly joints and muscles."[1] "Pain in the affected joint is accompanied by splinting of the adjacent muscles, with resultant 'muscle spasm.'"[2]



rheumatoid arthritis involves both joints and muscles

MEPROLONE is the only anti-rheumatic-antiarthritic designed to relieve simultaneously (a) muscle spasm (b) joint-muscle inflammation (c) physical distress . . . and may thereby help prevent deformity and disability in more arthritic patients to a greater degree than ever before.

SUPPLIED: Multiple Compressed Tablets in two formulas: MEPROLONE-2—2.0 mg. prednisolone, 200 mg. meprobamate and 200 mg. dried aluminum hydroxide gel (bottles of 100). MEPROLONE-1—supplies 1.0 mg. prednisolone in the same formula as MEPROLONE-2 (bottles of 100).

1. Comroe's Arthritis: Hollander, J. L., p. 149 (Fifth Edition, Lea & Febiger, Philadelphia, Pa. 1953). 2. Merck Manual: Lyght, C. E., p. 1102 (Ninth Edition, Merck & Co., Inc., Rahway, N. J. 1956).

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relieves both muscle spasm and joint inflammation

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M.D.
3
A

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Please send me

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indicate quantity

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MEDICARE — ONE YEAR OLD

Medicare came into existence in December 1956. As is well known, it provides for the in-patient hospital care of armed forces dependents by private physicians. To determine the effect of Medicare on the hospitals and physicians of this area, the Hippocrat contacted local hospital administrators, and also Westover Base Hospital.

Through the courtesy of Col. Louis Hoffman, C.O. of the Westover Hospital, we garnered the following interesting statistics.

Pediatric in-patients
have dropped 100%,

Obstetrics in-patients
have dropped 50%,
(They now have about 50-60 deliveries per month.)

Medical patients
average census is 15.

Surgical patients
average census is 18.

It may be of interest to note that Westover now has about 11,500 Air Force personnel, and Col. Hoffman estimates that around 30,000 dependents live in the 60-mile radius served by the Chicopee Falls installation. He also pointed out that last year's OPD visits totalled 7,000, about 60% of which were dependents — a figure which the advent of Medicare has not altered. Living on the Base in modern ranch-style housing are 1100 servicemen, with an average of three dependents each.

These figures illustrate what a large group in Hampden District is eligible for Medicare benefits, and it is easy to see what a group of this size means to our medical economy. All of the hospitals in the District have noted an increase in Medicare obstetric cases, and certainly all physicians dealing with maternity work or pediatrics have observed an increase in patients who come under the Program.

Whether the fee schedule for Medicare cases in the district is satisfactory, is open to debate. There are those who feel that this Program is a very definite step toward socialized medicine, and that next it will be mailmen, FBI agents, or what-have-you whose dependents will be declared eligible.

In any case, Mass. Blue Shield approved the original fee schedule, which apparently is working favorably up to now, and in mid-1958 in Washington, representatives of the Mass. Med. Society and Medicare will meet to review the situation, and alter the fee schedule where indicated. Apparently the Program is here to stay — let us hope that it will work as well in the future as it has the first year.

John A. Burke, M.D.

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RE 3-2621

ANNUAL REPORT OF THE PUBLIC HEALTH COMMITTEE

Our appeal to the Dexter Fund for a grant to initiate the Accident Prevention Program was rejected. We are now in the process of seeking funds elsewhere. This is the most ambitious program which the Society has ever undertaken. More pressure from the Society and its individual members, or a bequest from a rich uncle, would help.

The committee had in readiness, with the guidance of Dr. John Ayres, a comprehensive plan to deal with any emergency which a wide-spread Asian Influenza epidemic might have occasioned.

Plans for urging polio vaccination were deferred during the influenza epidemic scare. Such advertising is now going on through the efforts of the local chapter of the Polio Foundation.

A liaison committee has been formed with Dr. John Ayres representing the Health Department, Mr. Berry representing the School Department and your chairman representing the District Society.

Work is proceeding on the problem of eliminating multiple examinations, which result in a waste of the examiner's time and the patient's money, by having one blank accepted by all agencies, within a six months' period.

Dr. John Ayres is working on the establishment of a Poison Center at the Municipal Hospital.

Norman A. Pokorny, M.D.
Chairman,
Public Health Committee

rational adjunct to:

- tranquilizer therapy
- steroid therapy
- antibiotic therapy
- surgery

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Niacinamide	100 mg.
Ascorbic Acid (C)	300 mg.
Pyridoxine HCl (B_6)	2 mg.
Vitamin B_{12}	4 mcgm.
Folic Acid	1.5 mg.
Calcium Pantothenate	20 mg.
Vitamin K (Menadione)	2 mg.

Average dose: 1-2 capsules daily.

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HOSPITALS SPRING SWING

According to the Springfield Sunday Republican of March 2, "The Hospitals Spring Swing, a benefit concert to be held in the Municipal Auditorium here Saturday evening, May 17, at 8:30 will be a presentation of the Hospitals June Bazaar, Inc.

"The Hospitals June Bazaar, Inc., representing the Guild of Mercy Hospital and the Women's Auxiliaries of Springfield, Wesson Memorial and Wesson Maternity Hospitals, has functioned twice previously, in 1954 and 1956, to produce a combined hospitals benefit in the form of an outdoor bazaar. Proceeds were divided equally among the four participating groups and these funds subsequently used toward the improvement of the four hospitals represented . . . .

"The entire entertainment is being brought here through the cooperation of the Hampden-Harvard Breweries, Inc., a name locally associated with similar charity benefits . . . .

"Chairman of the general committee for the Hospitals Spring Swing is Mrs. Andrew B. Wallace, 3d, a representative of Wesson Memorial Hospital. Serving currently as general co-chairman and as chairman-to-be in 1960 is Mrs. Lee Henderson Morrill, representing Wesson Maternity Hospital . . . .

"Among those serving on the general committee with Mrs. Wallace and Mrs. Morrill are: Mrs. T. Edmund Skinner as chairman of the Wesson Memorial Auxiliary committees assisted by Mrs. Melvin Holstein as co-chairman; Mrs. Robert J. Carpenter, Jr., as chairman of Wesson Maternity with Mrs. M. C. Ferrini as co-chairman; chairman and co-chairman respectively for Springfield Auxiliary are Mrs. Matthew J. Bachulus and Mrs. Donald A. Benjamin, Mrs. Francis J. Mahoney is chairman of Mercy Guild. Mrs. Mahoney will be assisted by two co-chairmen, Mrs. R. A. Rochford and Mrs. Thomas F. Ryan. Working committees will be drawn from the combined auxiliary membership which numbers approximately 1600."

INSURANCE COMMITTEE

Annual Report
(5/1/57 to 3/10/58)

NATIONAL CASUALTY CO.

Insured members	159	
Claims paid	18	$6,188.00
Members dropped (since 5/1/57)	9	

THE NORTH AMERICAN ASSOCIATION CO. reports no claims after 4/1/57.

There are about 40 members insured in the Mass. Casualty Co. in their non-cancellable policy which was offered to the group but on an individual basis. The North American Acc. Insurance Co. group was terminated as previously announced on 8/1/57.

William J. Cosgriff, Chairman
Insurance Committee

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ANNUAL MEETING

TIME: Tuesday, April 22, 6:30 P. M.

PLACE: Hartman's Restaurant, 1396 Boston Road, Springfield

DINNER: At expense of Society

BOARD OF EDITORS
Annual Report
(1957-1958)

The Hampden Hippocrat is now in its sixteenth year of existence and its second year as a monthly Bulletin.

The most noteworthy developments during the year just past are as follows:

1. An increase in size of the Hippocrat to 28 pages, plus a sturdier and higher-quality jacket, or cover.

2. Initiation of the "Hospital Construction" series. The purpose of this feature is to describe the newer structures of the various hospitals in the Hampden District area. This series is still in progress.

3. A continuation of the "New Members", the "In Memoriam" and "Highlights of Meeting" features on a more regular basis.

4. A joint meeting of the Board of Editors and Councilors of the Hampden District which took place on January 16, 1958. As a result of this conference a new feature, "Councilor's Column", is planned for the near future.

5. An increase in sale of advertising space, thanks primarily to the zeal and industry of our business manager. As a result, the financial status of the Hippocrat is quite satisfactory.

The Board of Editors is most grateful to all who have contributed literary and other items, as well as to those who have offered helpful suggestions to the Hippocrat during the year 1957-58.

Max Millman, M.D.
Editor-in-Chief

when you encounter

- respiratory infections
- gastrointestinal infections
- genitourinary infections
- miscellaneous infections

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Sumycin Capsules (per Capsule)	250	Bottles of 16 and 100
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Sumycin Pediatric Drops (per cc.—20 drops)	100	10 cc. dropper bottles

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HOSPITAL CONSTRUCTION

V — Wing Memorial Hospital

The Wing Memorial Hospital in Palmer was founded in 1913 by a group of prominent local citizens at the instigation of Dr. George A. Moore and aided by Emma Atwell Wing and her daughter Ada Wing Meade and her husband Dr. Albert Mead who contributed their residence and what was then, a generous endowment fund for its upkeep.

This building served the communities of Palmer, Monson, Brimfield, Holland and Wales until 1947 when $516,000 was raised by popular subscription and matched by $360,000 of Federal funds to erect a new hospital. The new Hospital was erected on land donated by the Wickwire Spencer Steel Corporation and housed 41 beds and 12 bassinets. This building was started in 1948 and completed in 1952 when it was occupied and almost at once outgrown with frequent census of 56 patients and beds in the corridors.

In 1957 another expansion drive for $228,000 was over-subscribed by $50,000. This is to enlarge the bed capacity by 41 to a total of 86 beds, and will add recovery rooms and an extra emergency room. In addition to this a new elevator will be built, and a system of oxygen "piping" to the entire hospital will be installed.

The new structure will be added on to the left, or north wing of the present building.

The new extension is expected to be started in May, 1958.

a Major Breakthrough in EDEMA— in HYPERTENSION

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ROUTINE CHEST X-RAYS OR NOT

By
John C. Ayres, M.D., M.P.H.
Commissioner of Public Health
Springfield, Mass.

Of late, much anxiety has arisen over the hazards of excessive radiation. Although people are being exposed to a variety of radiations from natural and artificial backgrounds as well as from diagnostic and therapeutic procedures, the average exposure received from all sources appears to be at a lower level than that which has been demonstrated to produce harmful effects in humans and experimental animals.

Granted that much concerning the effects of radiation remains unknown or controversial, there exists enough factual information to impose a definite responsibility upon those using x-radiation to judiciously minimize exposure and to scrupulously avoid all exposure that serves no useful purpose.

In people who are ill, the need for radiological studies is great and deserves more weight on the side of diagnostic benefits as opposed to possible hazardous effects of radiation. When it comes to screening radiological examinations of the chest, x-rays should be used primarily among the high yield groups of the population, namely, contacts of open cases, persons admitted to hospitals, hospital employees, inmates of correctional institutions, low socio-economic groups, migrant laborers, alcoholics, and others. Among infants, children, young adults, prenatal patients, and especially young diabetics, the tuberculin test should be used as a preliminary screening technique with the tuberculin reactors receiving an x-ray examination of the lungs. Non-reactors should be re-checked periodically by means of a tuberculin test. However, it might be considered that every child should have a single chest x-ray film for the identification of congenital or development defects, for non-tuberculous disease, and for comparison with any films taken in later life.

There is no standard pattern of radiation exposure delivered by any standard type of x-ray unit. Each unit — photofluorographic or conventional — delivers its own peculiar amount and type of x-ray radiation. Therefore, each machine must be tested individually and carefully for its own output of radiation. It must also be provided with all necessary safety devices for minimizing gonadal and general body radiation.

The amount of radiation necessary for a satisfactory chest film is least with a standard 14 by 17 film in a cassette with intensifying screens. There is approximately 3-5 times more radiation exposure when a mirror optics photofluoroscopic unit is used and 10-20 times more when the standard lens camera photofluorographic machine is used. This in well protected x-ray units is still a very small amount of radiation, but these figures may be multiplied by 100 if the apparatus is not properly equipped with protective devices.

Screening by fluoroscopy is to be strongly discouraged because the results are not accurate for diagnostic purposes; there is no permanent film record of the examination, and the radiation

exposure involved both for the subject and examiner is excessive. However, specific fluoroscopic examination may be indicated for specific diagnostic purposes and for the determination of the dynamics of the chest. Laminograms can result in substantial radiation exposure to the chest and should be used only for special diagnostic problems.

The following techniques are available to maintain the radiation dose at the lowest practicable level both for those being examined and for equipment operators: (1) proper and adequate coning continually mounted on all units and accurately aligned; (2) proper filtration of the primary beam by at least 2 m.m. of aluminum filtration or its equivalent; (3) proper shielding of both the direct beam and scatter radiation; (4) radiation survey check of tube housing to determine over-all effectiveness and to detect any leakage; (5) useful higher kilovoltage techniques with higher speed screens and films; (6) keeping tube-to-skin distance as high as possible; (7) making exposure control such that operation is impossible without the operator behind a protective barrier. When fluoroscopy is involved, additional emphasis should also be placed on minimum field size, adequate adaptation to darkness, and tube-to-table top distance which should be at least eighteen inches.

The kernel of the problem of radiation effects is the awareness by the public and physicians that the whole subject is one of weighing the benefits of radiography against the known and unknown effects of radiation exposure. Radiation which serves a useful and necessary purpose is warranted, but it should be used with the best protective devices to minimize exposure.

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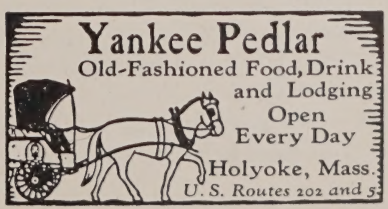


PUBLIC RELATIONS COMMITTEE ANNUAL REPORT

This Committee has had an active year. At the outset one of the members of the Committee attended the Public Relations Institute in Chicago held under the auspices of the American Medical Association. He brought back to the Committee some very valuable and useful information as regards projects to be carried out for the year.

It had been decided not to conduct the Health Forums again this year. The newspapers likewise were not in favor of promoting the series.

In February four series of weekly articles appeared in the Sunday Republican. The first article dealt with the history of the Hampden District Medical Society. The second article had to do with the Health Facilities available in the Community. The third series had to do with Voluntary Health Insurance. The fourth article was in regard to Immunological Therapy in Children.

We intend to participate in the high school Science Fairs. As this report goes to press arrangements are being made to play a similar role as last year to award certificates and money for the best scientific exhibits having to do with some phase of medicine.

It is also intended to have an indoctrination meeting for the new members of the Society as was done last year. This will be a dinner meeting.

The Committee was informed that the Executive Committee of the Society has given the newspapers notice that all medical information sought by the press is to come through the Public Relations Committee.

J. M. Baker, M.D., Chairman
Public Relations Committee

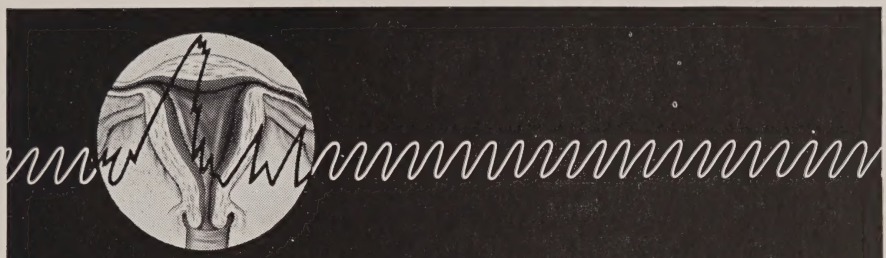
ANNUAL REPORT OF THE SECRETARY
1957-1958

The Hampden District Medical Society now has a membership of 483: active fellows, 442; senior fellows, 41. During the past year 15 doctors have joined the society, and 3 fellows have been transferred from other districts to Hampden. On the debit side, 3 fellows have been transferred to other districts; 2 have been dropped for non-payment of dues; 2 have resigned; and 2, Dr. Jacob Joseph Klar and Dr. Harry Francis Byrnes have died, making a net gain of 9.

Three regular meetings and an annual meeting have been held with attendance ranging from 59 to 215, an average of 127 or only 28.7% of the active membership. The lowest attended meeting was that with the Women's Auxiliary. How to arouse better attendance is, despite earnest efforts of the officers, still unsolved. The maximum attendance of 215 is still only 48.6% or less than half the total membership. News items from other districts deplore the same problem likewise unsolved. It is hoped that future administrations will find the answer to this statewide absenteeism.

Respectfully submitted,
Allen G. Rice, M.D., Sec.

in dysmenorrhea



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